

Full Report (All Nutrients) 45134696, HEALTHY CHOICE Golden Roasted Turkey Breast Complete Meals, UNPREPARED, GTIN: 00050100459512

Based on the GS1 Global Data Synchronization Network, [Powered by 1WorldSynch](#)

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Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Manufacturer Conagra Brands

Nutrient	Unit	Data points	Std. Error	1 Meal (297g) 297g	1 Value Per100 g
Proximates					
Energy	kcal	--	--	249	84
Protein	g	--	--	18.00	6.06
Total lipid (fat)	g	--	--	4.51	1.52
Carbohydrate, by difference	g	--	--	33.00	11.11
Fiber, total dietary	g	--	--	7.1	2.4
Sugars, total	g	--	--	10.99	3.70
Minerals					
Calcium, Ca	mg	--	--	59	20
Iron, Fe	mg	--	--	1.81	0.61
Potassium, K	mg	--	--	900	303
Sodium, Na	mg	--	--	659	222
Vitamins					
Vitamin C, total ascorbic acid	mg	--	--	48.1	16.2
Vitamin A, IU	IU	--	--	101	34
Lipids					
Fatty acids, total saturated	g	--	--	1.010	0.340
Fatty acids, total monounsaturated	g	--	--	2.495	0.840
Fatty acids, total polyunsaturated	g	--	--	1.010	0.340
Fatty acids, total trans	g	--	--	0.000	0.000
Cholesterol	mg	--	--	24	8
Amino Acids					

Nutrient	Unit	Data points	Std. Error	1 Meal (297g) 297g	1 Value Per100 g
Other					
Ingredients					
COOKED TURKEY BREAST WITH BINDERS (TURKEY BREAST, WATER, CONTAINS 2% OR LESS OF: ISOLATED SOY PROTEIN PRODUCT [ISOLATED SOY PROTEIN, MODIFIED POTATO STARCH, CORN STARCH, CARRAGEENAN, SOY LECITHIN], OLIVE OIL, CHICKEN FLAVOR [MALTODEXTRIN, CHICKEN BROTH, SALT, FLAVORS], DEXTROSE, SALT, POTASSIUM CHLORIDE, POTASSIUM AND SODIUM PHOSPHATES, SEASONING [FLAVORINGS, SOY LECITHIN]), SEASONED GREEN BEANS (GREEN BEANS, WATER, OLIVE OIL, MODIFIED CORN STARCH, POTASSIUM CHLORIDE, SEA SALT, BLACK PEPPER), GRAVY (WATER, MODIFIED CORN STARCH, CONTAINS 2% OR LESS OF: CHICKEN GLACE [CHICKEN BROTH, COOKED CHICKEN, CHICKEN FAT, SALT, FLAVORINGS], ONIONS, BUTTER [CREAM, SALT], CHICKEN FLAVOR [CHICKEN BROTH, SALT, CHICKEN FAT], SOYBEAN OIL, CHARDONNAY WINE, NONFAT DRY MILK, SUGAR, POTASSIUM CHLORIDE, SEA SALT, CANOLA OIL, GARLIC, FLAVORINGS, XANTHAN GUM, GUAR GUM), STUFFING (WATER, CROUTONS [ENRICHED WHEAT FLOUR {WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID}, YEAST, SUGAR, WHEAT GLUTEN, VINEGAR], CELERY, ONIONS, CHICKEN FLAVOR [MALTODEXTRIN, CHICKEN BROTH, SALT, FLAVORS], FLAVORINGS, SALT), APPLES (CITRIC ACID AND ASCORBIC ACID TO RETAIN COLOR), DESSERT SAUCE (WATER, SUGAR, BROWN SUGAR, MODIFIED CORN STARCH, NATURAL FLAVOR, ACETYLATED MONOGLYCERIDES, MODIFIED FOOD STARCH, CINNAMON, SALT, LEMON JUICE CONCENTRATE, SILICON DIOXIDE, ETHYL ALCOHOL, NUTMEG, VANILLA EXTRACT, LEMON OIL). CONTAINS: MILK, SOY, WHEAT. <i>Date Available: 05/31/2017 Date Last Updated by Company: 03/09/2017</i>					